

To help make your time more fruitful, we have prepared resources to guide you on your journey:

**Daily video devotional lessons from Pastor Cal**

**Worship music videos featuring the Northwoods team**

**This devotional journal, which includes group discussion guides for small groups and families**

There are several ways to access these resources.

**Download the updated Northwoods mobile app for iOS or Android devices**

With this free app you can receive daily reminder notifications, watch the devotionals and worship songs, access the journaling guide, and more.



**[northwoods.church/mobile](http://northwoods.church/mobile)**

**Visit the *It's Launch Time* web page at [northwoods.church/launchtime](http://northwoods.church/launchtime)**

Via this page you can access the devotionals and worship videos, download a printable version of the journal, subscribe to receive a daily email reminder, or sign up for text message reminders.

**Install the Northwoods channel on your video streaming device**

You can also watch the devotional videos and worship songs using the free Northwoods apps on Roku and AppleTV.

# fasting resources

Fasting is an important discipline in the life of any Christ follower. This practice can be a powerful way to draw close to Jesus. A quick visit to [northwoods.church/fasting](http://northwoods.church/fasting) will provide you with a crash course on fasting—types of fasting, how to choose a fast, important tips, how to incorporate fasting into your daily life, and more.

## MEDICAL NOTE

If you have any medical conditions that would make it difficult or dangerous for you to go without food for any extended period of time, please check with your doctor as to what level of fasting would be advisable for you. Also note that there are non-food ways you can choose to fast, such as TV, social media, or spending.

### Types of Fasts

- A normal or full fast involves going without food for a meal, a day, or a certain number of days. Drink plenty of water. You may also take clear broth and 100% juices in order to maintain your strength.
- A partial fast involves giving up particular foods and drink. This is often referred to as the Daniel fast (cf. Daniel 1:12 and 10:3) because Daniel allowed himself no choice foods, meats, or wine—consuming only vegetables and water.

### Tips to get started right

- Fast one meal a day, one day a week, or a partial fast for a few days.
- Cut out sweets and sodas altogether.
- Blend a 21-day partial fast with 1–2 days of a normal fast each week.
- Expect a normal fast to be uncomfortable at first. You may feel weak and experience a headache.
- Consider simple meals for several days as a form of fasting: yogurt, spoon of peanut butter, small bowl of soup, piece of toast, etc. This works especially well for those with medical concerns. The purpose is to maintain your spiritual focus, not to eat for pleasure or to spend time preparing food.

# group discussion guide 1

*Use this guide at the beginning of the 21-day fast.*

## **Opener** (10 minutes)

- Have you ever fasted in the past? If not, why not? If so, how have you seen God move?
- Why do you think it is important to fast?

## **Worship** (5-10 minutes)

Choose one or more worship songs to play from the videos and praise God together as a group.

## **Group Discussion** (30 minutes)

- Read Matthew 6:16-18 out loud. What kind of heart does God desire while fasting?
- Did you know that there are other ways to fast other than not eating food? There are other things we heavily rely on such as TV time, Facebook, etc.. What will you be fasting from?
- What are you specifically asking God for in prayer? What specific spiritual strengths do you hope to gain or spiritual strongholds do you hope to break through during this time of fasting?
- Are there any fears or concerns that you have about this fast? Explain.

## **Closing Prayer** (15 minutes)

- Choose a prayer partner from your group. In the discussion, we've talked about the spiritual strengths we'd like to gain and the strongholds we'd like to break through during this fast. Take some time to pray with your partner about these things as well as any concerns you might have.

- Pray for each other using this simple tool:

T.A.B. — Thank, Ask, Bless

*Dear God,*

*Thank you that I can come to You in prayer and that you are listening.*

*I ask you for \_\_\_\_\_ (insert top 3 things here).*

*Please bless \_\_\_\_\_ (name of prayer partner here).*

*In Jesus name, Amen*

# day 1

**SCRIPTURE**

... and your Father, who sees what is done in secret, will reward you.

**MATTHEW 6:16-18**

**What is your motive behind this fast?**

**What specific needs are you fasting for?**

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# day 2

**SCRIPTURE**

... After fasting forty days and forty nights, he was hungry. The tempter came to him ... **MATTHEW 4:1-11**

**Fasting helps develop sources of strength for winning battles and overcoming temptations. What specific temptations are you facing for which you need spiritual strength?**

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# day 3

**SCRIPTURE**

But this kind does not go out except by prayer and fasting.

**MATTHEW 17:21**

**Fasting breaks strongholds, because it brings our body, mind, will, and emotions into submission to our spirit, which is operating under the control of the Holy Spirit. Is there any persistent area of sin or weakness you need to submit to the Holy Spirit as you fast and pray?**

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# day 4

**SCRIPTURE**

... Immediately, something like scales fell from Saul's eyes, and he could see again. He got up and was baptized, and after taking some food, he regained his strength. ACTS 9:1-19

**What are some of the decisions you're facing for which you need clarity during this time of prayer and fasting?**

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# day 5

## SCRIPTURE

While they were worshipping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” ACTS 13:1-3

**Prayer and fasting heightens our sensitivity to the voice of the Holy Spirit. Where in your life are you listening for his direction?**

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# day 7

**SCRIPTURE**

... I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions. ... we fasted and petitioned our God about this, and he answered our prayer. **EZRA 8:21-23**

**Fasting shifts the atmosphere in our lives, humbling us and positioning us for God’s blessing and protection. Who are the people and what are the possessions in your life for which you desire God’s care?**

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# group discussion guide 2

*Use this guide after the first week of the 21-day fast.*

## **Opener** (10 minutes)

How has the fast been going? What have you found to be difficult?  
What rewards have you seen so far as a result of the fast?

## **Worship** (5-10 minutes)

Choose one or more worship songs to play from the set and praise God together as a group.

## **Group Discussion** (30 minutes)

- Read Matthew 4:1-11 out loud. Why do you think Jesus felt it was important to fast?
- In what situations have you felt you needed to fast and pray?
- In what ways have you been tempted to stray from your fasting goals this week?
- What are some action steps you can take to help you stand strong in your fast throughout the coming weeks?

## **Closing Prayer** (15 minutes)

- Quickly connect with your prayer partner and openly share how your fast is going.
- Pray together once again. Specifically envision the answers you are both asking God for. Pray from a posture of power with an attitude of faith and a heart of expectancy.



# day 9

**SCRIPTURE**

“Have you noticed how Ahab has humbled himself before me? Because he has humbled himself, I will not bring this disaster in his day...” 1 KINGS 21:29

**Fasting and prayer can lead to personal revival and renewal. Are you sensing a need in your life to humble yourself and seek God for personal renewal?**

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# day 10

**SCRIPTURE**

...Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's. ...stand firm and see the deliverance the Lord will give you.... Do not be afraid; do not be discouraged. ...

**2 CHRONICLES 20:1-17**

**Prayer and fasting can bring about great victories on earth and in the spiritual realms. Where are you facing an intense battle and need to use the weapons of spiritual warfare?**

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# group discussion guide 3

*Use this guide after the second week of the 21-day fast.*

## **Opener** (10 minutes)

What have you sensed God saying to you during your quiet time with Him throughout this week?

## **Worship** (5-10 minutes)

Worship together as a group using songs from the video set.

## **Group Discussion** (30 minutes)

- What is normally your first response to a crisis?
- Read 2 Chronicles 20:3-12 out loud. According to these verses, how did Jehoshaphat respond to his moment of crisis? What can we learn from his example?
- Jehoshaphat turned to the Lord right away in his moment of need. How often do you do this? What prevents you from turning to the Lord?
- When Jehoshaphat began praying, he ordered Judah to join him with fasting. Have you ever asked others to fast and pray for you during a crisis? Please share your experience.

## **Closing Prayer** (15 minutes)

- With your entire group, pray scripture back to God and into your lives.

*Father God, "You see the threat that is coming against us; bring your power against this threat because in ourselves, we have no power to face it. We do not know what to do, but our eyes are on you."*

*(2 Chronicles 20:12)*

- In your personal time, plan who you would ask in the face of a crisis to pray and fast with you and commit to pray for your partner this next week.













# day 20

**SCRIPTURE**

... When I called, they did not listen; so when they called, I would not listen..." ZECARIAH 7:5-13

**The goal of fasting is to bring you closer to the God you serve. Ask him to show you anything that may be keeping you from a closer walk with him. What is he revealing to you?**

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# day 21

**SCRIPTURE**

...The time will come when the bridegroom will be taken from them; then they will fast. **MATTHEW 9:15**

**Fasting and prayer keeps us mindful that we're not home yet; that Jesus is coming and therefore we must live with urgency and focus. In what areas of your life can you grow more ready for Jesus to return?**

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# group discussion guide 4

*Use this guide after the final week of the 21-day fast.*

## **Opener** (10 minutes)

How has this prayer/fasting experience been enriched by doing it with others?

## **Worship** (5 minutes)

Choose one or more worship songs to play from the video set and praise God together as a group.

## **Group Discussion** (30 minutes)

- Read out loud Daniel 9:1-19. This was Daniels prayer for his people, what verses spoke to you the most?
- Prayer and fasting can lead to repentance. Where do you see our nation needing to repent like Daniel did for Jerusalem?
- Fasting is form more than our own spiritual benefit. We can also fast on the behalf of others. Who is someone in your life that you could fast and pray for in order to bring a spiritual breakthrough
- As you finish this 21-day fast and go back to life “as usual,” what new practices will you implement as a result of this fast?

## **Closing Prayer** (5 minutes)

Make some time to focus your prayer on your family and friends who need the Lord. Come up with five people that you could pray for and invite to Northwoods this year.

## **Closing Prayer** (5-10 minutes)

Now, thank God together in your group for all that he has done. Go around and share a praise out loud. Remember the idea is that it would be a quick, short praise to God.

